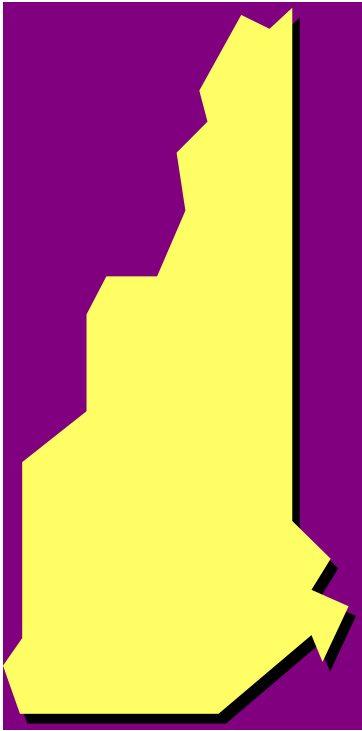


Assistance Handbook 2009



- ❖ Child Care
- ❖ Community Action
- ❖ Emergency Shelter
- ❖ Food Pantries
- ❖ Legal Assistance
- ❖ Nutrition Education
- ❖ Social Services
- ❖ Soup Kitchens

**New Hampshire
Food Stamp Program
Division of Family Assistance
New Hampshire Department of
Health and Human Services**

April 2009

Dear Friends:

We are happy to provide you with the New Hampshire Food Stamp Program Assistance Handbook for 2009. The Handbook contains specific contact information for agencies that provide critical assistance to people and families in need.

Due to the current economy, increasing numbers of people are finding themselves in need of assistance, especially when it comes to food. We continue to see more and more people in New Hampshire step up to face this challenge and support neighbors who are less fortunate.

There are three important changes to the NH Food Stamp Program this year with an effective date of April 1, 2009.

1. Benefit amounts are increasing due to the American Recovery and Reinvestment Act, also known as the Stimulus Bill. In the past benefits have increased in October.
2. New Hampshire has made it easier to apply for Food Stamp benefits from home. Although an application and interview are still required, the application can be mailed in and the interview can take place over the phone. If applicants prefer a face-to-face interview, that can be arranged.
3. New Hampshire has expanded the number of people who may be eligible to receive benefits by increasing the income level.

We hope these changes will lead to more people applying for Food Stamp benefits, especially in today's economy. We encourage you to share this information with clients who come to you seeking assistance and may not yet have applied for Food Stamp benefits.

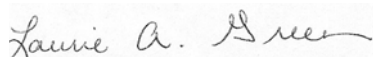
This year there will be a limited number of hard copies of the Handbook. Our hope is that you will share them with your co-workers. The Handbook can also be found on the DHHS website at <http://www.dhhs.state.nh.us/dhhs/dfa/library> or as a link on the DHHS homepage.

Please feel free to contact us at 271-4580 or 1-800-852-3345 x 4580 if there is any change in your contact information or if there is anything else with which we might be able to assist you.

We are grateful to the U.S.D.A. Food and Nutrition Service for helping to fund this project.

We know that this economy is impacting all of you as well and thank you all for continuing the great work that you do.

Sincerely,

A handwritten signature in cursive script that reads "Laurie A. Green". The signature is written in black ink on a light-colored background.

Laurie A. Green
Food Stamp Program Manager
NH Department of Health and Human Services
Division of Family Assistance

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New Hampshire 2-1-1

Your link to resources.

2-1-1 is the number to dial for information about health and human services and organizations in your community. 2-1-1 is a free call and provides free, confidential and person-to-person assistance. Language translation is available.

Child Care Resource & Referral	Clothing and Thrift Shops
Consumer Services	Crisis Services
Discrimination Assistance	Domestic & Sexual Violence Services
Education – GED, Computer Classes	Employment Services
Food Shelves & Nutrition Programs	Health Care Services
Military, Family & Community Network	Housing – Homeless Prevention, Shelter, Tenants’ Rights
Independent Living Services	Legal Assistance
Mental Health Care & Counseling	Mentoring
Alcohol & Drug Programs	Parenting Programs
Senior Information & Assistance	Stop Smoking Programs
Support Groups	Transportation
Utility Assistance	Youth & Family Services
Veteran Services	Volunteering
Wellness Programs	And More

Just dial 2-1-1.

**Toll free outside New Hampshire: 1-866-444-4211
TTY line for the hearing impaired: 1-603-634-3388**

www.211nh.org

NH Division of Family Assistance

Assistance Programs	
<p>Food Stamp Program The Food Stamp Program provides monthly food assistance to low-income families and individuals to help them purchase a nutritionally adequate diet. Household size, income and asset levels, and certain non-financial criteria determine the monthly benefit allotment.</p>	
<p>FANF/FAP This program provides financial and medical assistance to one-parent families, or two-parent families in which one of the parents is disabled or unemployed.</p>	<p>Aid to the Permanently and Totally Disabled (APTD) This program provides financial and medical assistance to persons who are permanently and totally disabled and are between the ages of 18 and 64.</p>
<p>Old Age Assistance (OAA) This program provides financial and medical assistance to persons who are 65 years of age or older.</p>	<p>Aid to the Needy Blind (ANB) This program provides financial and medical assistance to blind individuals who are unable to provide for themselves.</p>
<p>Medical Assistance (Medicaid) In addition to the assistance programs listed above, Medicaid may be available to persons and families if they are:</p> <ul style="list-style-type: none"> • Pregnant • Low income children up to age 19 • Children with severe disabilities <p>Medicaid may pay certain Medicare Premiums, co-insurance and deductibles for certain individuals if they are qualified Medicare beneficiaries or qualified disabled working individuals.</p>	
<p>Child Day Care This program assists with payment for day care costs. To be eligible, individuals must meet income guidelines and be employed, attending school, in a training program or actively seeking work.</p>	

NH Division of Family Assistance (con't.)

Monthly Income Limits*

*For Food Stamps, your income may be adjusted to reflect certain expenses. The Food Stamp income amounts below do not reflect income deductions you may be entitled to. **The income limits listed below will change October 1, 2009. Child Care will change July 2009**

Assistance Group Size	Gross Income Limits for Households with Separate Elderly and Disabled Members (165% of FPG)	Gross Income Limits for Non-Target Population Only (130% of FPG)	Net Income Limits for Target and Non-Target Population (100% of FPG)	190% Child Care (Step 3)
1	\$1,430	\$1,127	\$867	N/A
2	\$1,925	\$1,517	\$1,167	\$2,217
3	\$2,420	\$1,907	\$1,467	\$2,787
4	\$2,915	\$2,297	\$1,767	\$3,357
5	\$3,410	\$2,687	\$2,067	\$3,927
6	\$3,905	\$3,077	\$2,367	\$4,497
7	\$4,400	\$3,467	\$2,667	\$5,067
8	\$4,895	\$3,857	\$2,967	\$5,637
For each additional person, add:	\$495	\$390	\$300	\$570*

Where to Apply

DFA Locations	Towns Served
Berlin District Office 231 Main Street Berlin; 03570-2463 Phone: 752-7800 or 1-800-972-6111	Berlin, Clarksville, Colebrook, Columbia, Dixville, Dummer, Errol, Gorham, Groveton, Milan, Millsfield, N. Stratford, Northumberland, Percy, Pittsburgh, Randolph, Shelburne, Stark, Stewartstown, Stratford, Wentworth's Location, W. Stewartstown
Claremont District Office 17 Water Street, Ste. 301 Claremont; 03743-2280 Phone: 542-9544 or 1-800-982-1001	Acworth, Canaan, Charlestown, Claremont, Cornish, Croydon, Ellsworth, Enfield, George's Mills, Goshen, Grafton, Grantham, Guild, Hanover, Langdon, Lebanon, Lempster, Lyme, Meriden, Newport, Orford, Orange, Plainfield, Springfield, Sunapee, Unity, Washington, West Lebanon

NH Division of Family Assistance (con't.)

<p>Concord District Office 40 Terrill Park Drive Concord; 03301-9955 Phone: 271-6201 or 1-800-322-9191</p>	<p>Allenstown, Andover, Boscawen, Bow, Bradford, Canterbury, Chichester, Concord, Contoocook, Danbury, Dunbarton, Epsom, Franklin, Henniker, Hill, Hillsboro, Hooksett, Hopkinton, Loudon, New London, Newbury, Northfield, Pembroke, Penacook, Pittsfield, Salisbury, Suncook, Sutton, Warner, Webster, Wilmot</p>
<p>Conway District Office 73 Hobbs Street Conway; 03818-6188 Phone: 447-3841 or 1-800-552-4628</p>	<p>Albany, Bartlett, Brookfield, Chatham, Chocorua, Conway, Eaton, Effingham, Freedom, Glen, Hart's Location, Intervale, Jackson, Kearsarge, Madison, Moultonborough, N. Conway, Ossipee, Sanbornville, Sandwich, Snowville, Tamworth, Tuftonboro, Wakefield, Wolfeboro</p>
<p>Keene District Office 809 Court Street Keene; 03431-1712 Phone: 357-3510 or 1-800-624-9700</p>	<p>Alstead, Antrim, Ashuelot, Bennington, Chesterfield, Deering, Dublin, Fitzwilliam, Francetown, Gilsum, Greenfield, Groton, Hancock, Harrisville, Hinsdale, Jaffrey, Keene, Lyndeborough, Marlborough, Marlow, Nelson, New Ipswich, Peterborough, Richmond, Rindge, Roxbury, Sharon, Spoffard, Stoddard, Sullivan, Surry, Swanzey, Temple, Troy, Walpole, Westmoreland, Winchester, Windsor</p>
<p>Laconia District Office 65 Beacon Street West Laconia; 03246-9988 Phone: 524-4485 or 1-800-322-2121</p>	<p>Alexandria, Alton, Ashland, Barnstead, Belmont, Bridgewater, Bristol, Campton, Center Harbor, Dorchester, Gilford, Gilmanton, Groton, Hebron, Holderness, Laconia, Lakeport, Meredith, New Hampton, Plymouth, Rumney, Sanbornton, Silver Lake, Thornton, Tilton, Waterville Valley, Wentworth</p>
<p>Littleton District Office 80 North Littleton Road Littleton; 03561-3841 Phone: 444-6786 or 1-800-552-8959</p>	<p>Bath, Benton, Bethlehem, Carroll, Dalton, Easton, Franconia, Haverhill, Jefferson, Lancaster, Landaff, Lincoln, Lisbon, Littleton, Livermore, Lyman, Monroe, Piermont, Pike Sugar Hill, Twin Mountain, Warren, Whitefield, Woodstock, Woodsville</p>

NH Division of Family Assistance (con't.)

<p>Manchester District Office 195 McGregor Street, Suite 110 Manchester; 03102-3762 Phone: 668-2330 or 1-800-852-7493</p>	<p>Auburn, Bedford, Chester, Goffstown, Manchester, New Boston, Pinardville, Weare</p>
<p>Nashua District Office 19 Chestnut Street Nashua; 03060-9311 Phone: 883-7726 or 1-800-852-0632</p>	<p>Amherst, Brookline, Greenville, Hollis, Hudson, Litchfield, Mason, Merrimack, Milford, Mont Vernon, Nashua, Pelham, Reeds Ferry, Wilton</p>
<p>Portsmouth District Office 30 Maplewood Avenue Portsmouth; 03801-3737 Phone: 433-8300 or 1-800-821-0326</p>	<p>Brentwood, Candia, Deerfield, East Kingston, Epping, Exeter, Fremont, Greenland, Hampton, Hampton Falls, Kensington, Kingston, New Castle, Newfields, Newington, Newmarket, North Hampton, Northwood, Nottingham, Portsmouth, Raymond, Rye, Seabrook, South Hampton, Stratham</p>
<p>Rochester District Office 150 Wakefield Street., Suite 22 Rochester; 03867-1309 Phone: 332-9120 or 1-800-862-5300</p>	<p>Barrington, Dover, Durham, Farmington, Gonic, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford, Union</p>
<p>Salem District Office 154 Main Street, Suite 1 Salem; 03079-3191 Phone: 893-9763 or 1-800-852-7492</p>	<p>Atkinson, Danville, Derry, Hampstead, Londonderry, Newton, Plaistow, Salem, Sandown, Windham</p>

For additional information on the Division of Family Assistance and our programs, call toll-free 1-800-852-3345 Ext 4238. Office hours are Monday through Friday, 8:00 am to 4:30 pm.

Children's Services

NH Head Start

Head Start and Early Head Start offer pre-school education for 3-5 year olds, services to pregnant mothers, and children to age 3. Support services include Child Care, Nutrition, Health, Mental Health, Parenting Support, Disability and Family Literacy.

Belknap-Merrimack Head Start	225-3295
Rockingham County Head Start	431-2911
Southern NH Services, Inc. Head Start	668-8010
Southwestern Community Services Head Start	352-7512
Strafford County Head Start	749-1334
Tri-County Head Start	752-7001

Child and Family Services

Healthy Families Program

This program provides Case Management Services for low-income or Medicaid eligible women, pregnant women and teen parents. Offices are in Concord, Derry, Exeter, Manchester and Nashua. Call: 518-4000 for more information.

School Breakfast/Lunch

The National School Lunch/Breakfast Program makes it possible for schools to serve nutritious inexpensive breakfasts and lunches to students each day. For eligibility information, contact your local school food service or the NH Department of Education at 271-3494

The income limits below are effective from July 1, 2009 to June 30, 2010.

Reduced Price Meals-185% Poverty Level				Free Meals-130% Poverty Level		
Family Size	Annual Income	Monthly Income	Weekly Income	Annual Income	Monthly Income	Weekly Income
	20,036	1,670	386	13,352	1,127	260
	26,955	2,247	519	18,200	1,517	350
	33,874	2,823	652	22,880	1,907	440
	40,793	3,400	785	27,560	2,297	530
	47,712	3,976	918	32,240	2,687	620
	54,631	4,553	1,051	36,920	3,077	710
	61,550	5,130	1,184	41,600	3,467	800
	68,469	5,706	1,317	46,280	3,857	890
For each additional family member, add:	+6,919	+577	+134	+4,680	+390	+90

Children's Services (con't.)

Child Care Resource and Referral Network of NH

Berlin/Littleton

White Mountain Community
College/ Childcare Center
15 Twitchell Lane
Berlin
752-2409 Fax: 752-6335

Claremont

Family School Connections CCR&R
169 Main St.
543-4295 or 1-877-212-7267
Fax: 542-0275

Concord

Easter Seals
1 Garvins Falls Rd.
Bow
226-2540 or 1-800-307-2737 x 8286

Conway

Lakes Region Community Services
Madison
367-9800 or 1-866 261-7555
Fax: 524-0288

Keene

Easter Seals CCR&R
12 Kingsbury St.
355-4341 or 1-800-307-2737 x 8138
Fax: 358-3947

Laconia

Lakes Region Community Services
67 Communications Dr.
528-0274 or 1-800 649-8817 x 174
Fax: 524-0288

Manchester

Easter Seals
555 Auburn St.
621-3512 or 1-800 870-8728
Fax: 625-1148

Nashua

Southern NH Services CCR&R
134 Allds St.
889-3440 x39 or 1-877-211-0723
Fax: 889-0945
Hours: 8:30 – 4:30 M - F

Or

19 Chestnut St.
Hours 8:30 – 12:30 M, W, Th, F

Rochester

Rockingham Community Action
Child Care Services of Strafford
County
652 Central Ave.
Dover
516-1190 or 1-800-913-1912

Salem/Portsmouth

Rockingham Community Action
Child Care Services
8 Centerville Dr.
Salem
893-8446 or 1-800-310-8333
893-8447 Fax: 893-8413

Domestic Violence

Berlin

Response to Sexual and Domestic
Violence
Phone: 752-5679/1-866-644-3574
Colebrook Satellite Office 237-8746
Lancaster Satellite Office 788-2562

Claremont

Women's Supportive Services
Phone: 543-0155/1-800-639-3130
Newport Satellite Office 863-4053

Concord

Rape & Domestic Violence Crisis
Center
Phone: 225-7376/1-866-841-6229

Conway

Starting Point: Services for Victims
of Domestic and Sexual Violence
Phone: 356-7993/1-800-336-3795
Ossipee Satellite Office 539-5506

Durham

Sexual Harassment and Rape
Prevention Program (SHARPP)
Phone: 862-3494/862-7233
1-888-271-7233

Keene

Monadnock Center for Violence
Prevention
Phone: 352-3844/352-3782/
1-866-511-6287

Laconia

New Beginnings
A Women's Crisis Center
Phone: 528-6511

Lebanon

Women's Information Service (WISE)
Phone: 448-5922/448-5525
1-866-348-9473/TTY 1-866-889-8647

Littleton

The Support Center at Burch House
Phone: 444-0624/1-800-774-0544
Fax: 444-0646

Manchester

YWCA Crisis Service
Phone: 625-5785
668-2299 (24 Hr. Crisis Line)
Derry Satellite Office 432-2687

Nashua

Bridges: Domestic and Sexual
Violence Support
Phone: 889-0858 /883-3044
Milford Satellite Office 672-9833
(Will accept collect calls)

Plymouth

Voices Against Violence
Phone: 536-5999

Portsmouth

A Safe Place
Phone: 436-7924/1-800-854-3552
Rochester Satellite Office 330-0214
Salem Satellite Office 890-6392

Sexual Assault Support Services
436-4107/1-888-747-7070
Rochester Satellite Office 332-0775

Call Toll Free Hotline at 1-866-644-3574 for Domestic Violence

Call Toll Free Hotline at 1-800-277-5570 for Sexual Assault

www.nhcadv.org

For Teen Information www.reachoutnh.org

ServiceLink Elders, Adults Living with Disabilities

ServiceLink is a statewide network of community-based resources dedicated to promoting the independence and well being of anyone seeking information about aging issues. One toll free number connects callers to the ServiceLink site in their area.

1-866-634-9412

ServiceLink Resource Center of Belknap County 67 Water St., Suite 105 Laconia 528-6945	Hillsborough County ServiceLink Resource Center of Hillsborough County (South) 70 Temple St. 598-4709 Fax: 598-8491
ServiceLink Resource Center of Carroll County 448 White Mountain Hwy. Chocorua 323-9394 Fax: 323-7508	ServiceLink Resource Center of Merrimack County 2 Industrial Park Dr. Concord 228-6625 Fax: 228-6623
ServiceLink Resource Center of Coos County 610 Sullivan St., Suite 6 Berlin 752-6407 Fax: 752-1824	ServiceLink Resource Center of Monadnock Region 105 Castle St. Keene 357-1922 Fax: 352-9365
ServiceLink Resource of Grafton County (Northern) Mt. Eustis Commons 262 Cottage St., Suite G-1 Littleton 444-4498 Fax: 444-0379	ServiceLink Resource Center of Rockingham County 270 West Rd. Portsmouth 334-6594 Fax: 334-6596
ServiceLink Resource of Grafton County (Southern) 10 Campbell St. Lebanon 448-1835 Fax: 448-3906	ServiceLink Resource Center of Rockingham County 287 Lawrence Rd. Salem 893-9769 Fax: 893-1339
Hillsborough County ServiceLink Resource Center of Hillsborough County (North) 555 Auburn St. Manchester 644-2240 Fax: 644-2361	ServiceLink Resource Center of Strafford County 1 Wakefield St., Suite 306 Rochester 332-7398 Fax 332-8010
ServiceLink Resource Center of Sullivan County 1 Pleasant St., Suite 105 Claremont 542-5177 Fax: 542-2640	

<http://www.servicelink.org/>

Food Pantries

Allenstown/Pembroke Interfaith

147 Main St., Pembroke
485-9232
(W 1-3, & 3rd Sat. of month 9-11)

Alstead

Fall Mountain Emergency Food Shelf
Baker Building. 12-A,
835-2283 (M-Sat. 9-4)
Call first for appt.

Alton

Alton Community Services
43 Main St.
875-2273/876-6396 (Sat 9-11)
Emergencies by appt. only.

Andover

Town Offices Food Pantry
755-5332

Antrim

Antrim Bennington Food Pantry
Antrim Baptist Church
85 Main St.
588-6614

Ashland

Ashland Community Center & Food
Pantry
12 Highland St.
968-9698 (Th, F 12-6, Sat 10-12)

Hosanna's Bread Box Pantry
Hosanna Christian Fellowship
US Rt. 3 968-2473

Barnstead

Barnstead Food Pantry
Barnstead Town Hall
39 Province Rd.
269-4071 (7 days/wk) By appt.

Barnstead (con't.)

Families in Need
Rt. 126
942-8696 (Sun. 11:45)

Barrington

Barrington Community Food Pantry
41 Province Lane
664-9007 (Th 6-7:30) As needed.
(Sat 10-12) Call for emergencies.

Bartlett

Bartlett Jackson Food Pantry
Rt. 302
383-9223

Belmont

St. Joseph Church Food Pantry
Church St. & Main St.
267-8174 (F 8:30-4)

Bennington

St. Patrick's Church Food Pantry
10 Greenfield Rd.
588-2180

Berlin

Ecumenical Food Pantry
153 Grafton St. 7
752-2067 (W, F 2-3:30)

The Salvation Army
15 Cole St.
752-1644

Tri-County CAP
55 Maynesboro St.
752-3248 (M-F 8-3)

Food Pantries (con't.)

Bethlehem

Town of Bethlehem Food Pantry
2155 Main St.
869-3351 (M-Th 8-4, F 8-12)

Boscawen

Boscawen Congregational Church
Food Pantry
12 High St.
796-2565/796-2043 (W 4-6)
Boscawen residents only.

Bow

Bow Human Services
10 Grandview Rd.
228-1187 x 19 By appt.

Bradford (also see Warner)

Bradford Community Food Pantry
88 W. Main St.
938-5313 (3rd Wed) By appt. only.

Brentwood

Pilgrim United Church of Christ
197 Middle Rd.
778-3189 By appt.

Bristol

Bristol Community Services
21 North Main St.
744-2222 (M, W, F 9-2)

Campton

The Corner Cupboard Pantry
1307 NH Rt. 175
726-3223 x 100
(M, W, Th, F 9-5, T 11-6)

Canaan

No. Country Community Pantry
253 Gale St.
246-8829

Candia

St. Paul Parish Food Pantry
54 Main St.
483-8481
(M-Th 9-12) Call first.

Carroll

Town of Carroll-Twin Mountain
92 School St.
846-5754 (M-F 8-3)

Center Harbor

Center Harbor CC Pantry
80 Bean Rd.
253-8008 (M-F 8:30-5)

Immaculate Conception
Apostolic School Food Pantry
109 Dane Rd.
253-7728

Center Sandwich

Sandwich Community Food Center
358 Wentworth Hill Rd.
284-7778

Center Strafford

Third Baptist Church
Junction of Rts. 126 & 202A
664-7729/664-7750 (Th 8-10)

Charlestown

Church Food Pantry
85 Wheeler Rand Rd.
826-3979 Call first.

Chesterfield

Joan's Food Pantry
Ashbury Methodist
Highway 63
363-8348 (Sat 9-1)

Food Pantries (con't.)

Center Ossipee

Agape Ministries Servants Pantry
Ossipee Valley Bible Church
2205 White Mountain Hwy. Rt. 16
539-4456 (M-F 2-3)

Chichester

Town Office Chichester-Pantry
54 Main St.
798-5318 or 798-5350 (M 8:30-2)

Claremont

Town Welfare Food Pantry
58 Operahouse Square, City Hall
542-7007 (M, T, Th, F 9-1)

Claremont Soup Kitchen & Food
Pantry
18 Central St.
543-3290 (T-Th 8-6)

Colebrook

Colebrook Area Food Pantry
6 Parsons St.
237-8168 (M-Th. 10-2)
225-6880 (F 12-4)
One visit every 30 days.

Concord

Concord CAP
2 Industrial Park Dr., Bldg 2
225-6880 (F 12-4)
One visit every 30 days.

First Congregational Church UCC
177 N. Main Street
225-5491
Serves Concord, Allenstown,
Bow, Penacook, Boscawen,
Pembroke
(M-Th 9-11) One visit per week.

Concord (con't.)

Center Point Pantry
20 N. State St.
224-7427 (3rd Sat of Month 7-8:30)

Friends of Forgotten Children
224 Bog Rd.
753-4801 (Sun 12-1)

Gospel Light Food Pantry
124 Hall St.
225-7373

The Friendly Kitchen
14 Montgomery St. 224-7678

St. VDP/St. John the Evangelist
72 S. Main St.
225-1122 (M-TH 7-9)

St. VDP, St. Peter's Parish
135 N. State St.
225-4331 (M 4-4:30, W, F 4-5)
Call first.

St. Paul's Church Food Pantry
21 Centre St.
224-2523 (M-Th 10-2)

The Salvation Army
58 Clinton St.
224-7398 (M, T, Th, F 9-2)

Salvation Army/McKenna House
100 Fruit St.
228-3505

St. Johns Food Pantry
67½ South State St.
225-1122 (M-Th 7pm-9pm)

Food Pantries (con't.)

Contoocook

Hopkinton Food Pantry
14 Maple St.
746-6448/746-5729 (W 6:30-7:30)

Conway

Conway Village Congregational
132 Main St.
447-3851 (T-Th 9:30 – 11:30)
24 hr. notice.
Conway & Albany Residents.

Danbury

Danbury Food Pantry
23 High St.
768-3354 Must call first.
Danbury residents only.

Danville

Danville Food Pantry
210 Main St.
382-8253 As needed.

Deerfield

Deerfield Food Pantry
11 Old Centre Rd.
463-7800 (Monthly on last Fri.)

Derry

FBC Community Food Pantry
4 Crystal Ave.
421-1897 (T 3:30-5, Th 9:30-12)

Derry Seventh Day Adventist
7 Brook St.
437-4113

The Upper Room Food Pantry
36 Tsienetto Rd.
437-8477 Must call first.

Derry (con't)

St. Thomas Aquinas Food Pantry
26 Crystal Ave.
432-5000 or 537-0912
(M, W 1-5, F 1-4)

Dover

Dover Food Pantry
1 Silver St.
742-1666 (Th 9-12)
Dover residents only

St. Joseph's Church Food Pantry
150 Central Ave.
742-4837 x 18
(T 9-12, W 9-12, Sat 10:30-12)

Dunbarton (also see Goffstown)

Congregational Church Food Pantry
6 Stark Highway North
744-4601 By appt. only.

Goffstown Area Salvation Army
Food Pantry
26 Long Pond Rd.
774-1021

Durham

Church of St. Thomas More Pantry
6 Madbury Rd.
868-2666 (Th 4-6)

Cornucopia Food Pantry
15 Mill Rd.
862-1165
(M 5-7, W 4-5:30, F 12-5)

Effingham (also see Freedom)

Food Pantries (con't.)

Epping

Epping Bible Baptist Church Pantry
243 Rt. 27
778-3748 (Monthly on 2nd & 3rd Fri
1-2:30)

Exeter

Congregational Church
21 Front St.
772-3916 x 15 (T 10-12)

St. VDP/St. Michael's Church
11 Linden St.
772-3916 x 15 (M, T, Th 7-8, W 1-2)

Farmington

Interfaith Food Pantry
400 Main St.
755-3764 (Monthly on last Sat.
8:30-10:00) Call for emergency.

SCAA Farmington Outreach Pantry
527 Main St.
755-9035 (M-F 9-12) One visit
every 6 wks. Call for emergency.

Franconia

Good Neighbor Food Pantry
Community Church of Christ
44 Church St.
823-8421 (T-W 1-4)

Franklin

Belknap-Merrimack CAP/CAP's
Cupboard @ Franklin Area Center
82 Elkins St.
934-3444 (M-Fri 1-2) Call for emerg.
Greater Tilton Northfield Pantry
340 Central St.
934-6909

Franklin (con't)

St. Paul's Food Outreach Pantry
108 School St.
934-5013 (Sat 10-12) Call first & if
emerg.

Twin Rivers Interfaith Food Pantry
237 Central St.
934-2662 (T & Th 9-11, W 5-7)

Freedom

Freedom Food Pantry
12 Elm St.
539-2637 or 539-6460
Serves Freedom, Ossipee &
Effingham

Fremont

Fremont Food Pantry
295 Main St.
895-1162

Glen (see Bartlett)

Goffstown (also see Dunbarton)

Goffstown Network, Inc
7 North Mast Rd.
497-3433

Greenfield

Greenfield Food Pantry
Greenfield C.C. Church
12 Depot Rd.
547-3626 (Sat 10-12)

Greenland

Greenland Community Church
42 Post Rd.
431-8961 (W 10-1)

Greenville

St. Vincent de Paul Society Church
15 High St.
878-0518 By Appt. (M, T, W, Th)

Food Pantries (con't.)

Groveton

Groveton Food Pantry
11 State St.
636-1047 (W 9:30-12)

Hampstead

St. Anne Ecumenical Food Pantry
26 Emerson Ave.
329-5886 (Th 10-12)

Hampton

First Baptist Church
36 Winnacunnet Rd.
926-3200 (M 10-12) Call for emerg.

Hampton Town Office
100 Winnacunnet Rd.
926-5948 (M-F 9-1)

St. VDP/OLMM Food Pantry
289 Lafayette Rd.
929-4427 (M, T, Th 10:30-12:30)

Salvation Army Food Pantry
418 Lafayette Rd.
929-1729 By appt. (M-F)

The United Methodist Church
525 Lafayette Rd.
926-2702 (W-F 9:30-11:30)

Henniker

Henniker Food Pantry
21 Western Ave.
428-6015 or 428-7554
(Monthly 1st & 3rd W 5:30 - 6)

Hillsboro

Hillsboro District Food Pantry
7 Church St.
464-4080 (T 5:30 - 7:30)

Hooksett

The Hooksett Food Pantry
146 Londonderry Tpk. Unit 23
625-4754 (M, T, Th 9-1, W 6-8)

Hopkinton

Hopkinton Food Pantry
41 Houston Drive
746-5729 (W 6:30-7:30)

Hudson

First Baptist Church
236 Central St.
882-6116 (M-F 8-12)

St. VDP Blessed John 23rd Food
Pantry
23 Library St.
882-3603 By appt. (W 2-4)

Jackson (see Bartlett)

Jaffrey

Compassion Food Pantry
48 Stratton Rd.
532-6131 or 532-7950 (T 4:30-6:30)

Jaffrey Food Pantry-United Church
54 Main St.
532-7047 or 532-7538 (T 10-1)

Keene

Community Kitchen, Inc.
35-37 Mechanic St.
352-3200 (W 12:30-5:30, Th 11:30-4)

The Salvation Army
15 Roxbury Plaza
352-0607 (T, W, Th 1-4)

Kingston

Kingston Food Pantry
163 Main St Town Hall
642-3342 x 5 (M-F) By appt.

Food Pantries (con't.)

Laconia

St. VDP/St Joseph's Parish
562 Union Ave.
528-5683 (W 6-8, F 12-2)

The Common Food Pantry
CAP/Belknap-Merrimack County
121 Belmont Rd. 524-5512
Referral only.

Carey House
6 Spring St.
528-8086

Inreach Ministries Food Pantry
Lakes Region Vineyard Church
175 Mechanic St
527-6226

Salvation Army Food Pantry
177 Union Ave.
524-1834

Lakeport

St. Vincent DePaul Society
1269 Union Ave.
524-5470 (W 6-8, F 12-2)
Call if emergency.

United Baptist Church Food Pantry
35 Park St.
524-8875 or 524-1701 (F 2-4)

Lancaster

Lancaster Community Cupboard
135 Main St.
788-2734(M, W, F 1-3)

Food Pantry/Tri-County CAP
73 Main St.
788-4477 (M-F 9-4) By appt.

Lancaster (con't.)

Tyler Blain House
56 Prospect St.
788-2344 (7 days/24 hrs)

Langdon

Baker Building
Rt. 12-A
835-2283 (M, W, F, Sa 10-4:30)

Lebanon

LISTEN Community Services
60 Hanover St.
448-4553 (M-F 9-5)
643-4006 or 298-7758 (Sun 3-5)

Grace Outreach Food Pantry
407 North Main St.
643-4006 or 298-7758 (Sat 3-5)

Lee

Lee Church Congregational
17 Mast Rd.
659-2861
(Monthly 1st & 3rd M 6-7)

Littleton

All Saints Church Food Pantry
35 School St.
(T, Th, Sa 9-10)

Littleton Baptist Church
94 Union St.
(W 6:30-8:30) Or if emerg.

Tri-County CAP – Littleton Food
Pantry
241 Main St.
444-6653 (M-F 10-2)

Londonderry

St. Jude Parish
435 Mammoth Rd.
432-3333 By appt.

Food Pantries (con't.)

Loudon

Loudon Food Pantry
30 Chichester Rd. Suite D
724-9731 Call first.

Madison

Madison Church Food Pantry
53 Conway Rd. Rt. 13
367-4705 (W 10-1) Or by appt.
Madison residents only.

Manchester

Blessed Sacrament Food Pantry
14 Elm St.
622-5445 (Every other W 1-3)

First United Methodist Church
961 Valley St.
622-8863 (T 9-12)

Manchester Christian Church
1308 Wellington Rd.
622-9677x3104
Pick-up on 2nd and last Wed.
Order must be placed before
noon on Mon.

New Horizons for NH
199 Manchester St.
668-1877

St. Andrew's Church Pantry
102 N. Main St.
622-8632 or 624-3827
(Monthly 1st & 3rd T 8:40-10:30)

St. Rafael Parish Food Pantry
103 Walker St.
647-2283 (M 7-8)

Manchester (con't)

St. VDP/Sacred Heart Parish
247 South Main St.
625-9525 (T, W, Th Pick-up) Call first

St. VDP/St. Anthony Church
172 Belmont St.
625-6409 Call for info. No pantry
on site.

Salvation Army Food Pantry
121 Cedar St.
627-7013 (M-F 9-9:30)

St. Joseph's Church
145 Lowell St.
622-6404 (T afternoon) By appt. only

Meredith

Calvary Bible Church Food Pantry
6 St. James St.
279-6025 Open once a month. Call first

Meredith Emergency Food Pantry
147 Main St.
279-4096 (T, W, Th 10-1)

Merrimack

Riverside Christian Church
27 Depot St.
424-1711 (T only)

St. John Neumann Food Pantry
708 Milford Rd.
880-4689 x 20 (M-F 10-12:30)

Milford

Share Center
1 Columbus Ave.
673-9898 (M, Th, F 9:30-12,
T 9:30-12 & 1:30-4, W 1:30-4)
Serves Milford, Amherst,
Brookline, Mt. Vernon.

Food Pantries (con't.)

Newport (con't.)

Newport Area Assoc. of Churches
95-97 S. Main St.
863-3411 Call for emergency
(M, Th 9-12, T 5-8, W 12-3)

Newton

Mary Mother of the Church Food
Pantry
3 New Boston Rd.
382-6566 (W 10-12, Th 6-7)

Newton Food Pantry
Main St. Town Hall
382-0398 (M-F) By appt.

Northwood

Northwood Food Pantry,
Town Hall
942-8912 (M-F) By appt.

Nottingham

Liberty Baptist Church Pantry
60 Freeman Hall Rd.
942-9237 (T 6:30)

Ossipee (see Freedom)

Agape Ministries Servants, Inc.
2205 White Mt. Hwy.
539-4456 (M-W & F 1-3)

Pelham

St. Patrick's Food Pantry
12 Main St.
635-2671 (W 1-3)

Penacook

Immaculate Conception Church
9 Bonney St.
753-4413 (T 9:30 – 11:30)

United Church of Penacook
21 Merrimack St.
753-4072 (T 9:30 – 11:30)

Peterborough

Monadnock Area Food Bank
All Saints Church Parish House
51 Concord St.
924-3202
(M 9-11, T 10-12, Sa 10-2)

Pittsfield

Pittsfield Town Office Food Pantry
85 Main St.
435-6773 x19
(M 11-2, 4-7 W, Th 11 – 2)

Plymouth

Plymouth Area Helping Hands Food
Pantry
319 Highland St.
536-1966 (Monthly 1st & 3rd Mon.)

Plymouth Area Community Closet
258 Highland St.
536-1101 (T, Th. 8-11)

Portsmouth

Aids Response Seacoast
1 Junkins Ave.
433-5377 (M-F 9-5)

Seacoast Family Services Assn.
7 Junkins Ave.
436-0641 or 436-6161
(M 10:30-12:30, W- F 10-2)

Salvation Army Food Pantry
15 Middle St.
436-2606 (M-Th 9-4, F 9-2:30)

Raymond

Greater Raymond Outreach Center
55 Prescott Rd. 895-2303
(M, T, Th, F 9-4:30; Sa 10-2)

Food Pantries (con't.)

Raymond (con't.)

New Life Assembly of God
84 Nottingham Rd.
895-6041 (M-F 8 – 4:30)

Richmond

Richmond Community Food Pantry
30 Granite Hill Rd.
239-4494

Rochester

Gerry's Food Pantry
Rochester Community Center
150 Wakefield St.
330-3468
(M 1-3:30, W 10-3:30, F 1-3:30)

Salvation Army
10 Olde Farm Lane
332-2623 (M, W, F 9-2)

Rye Beach

St. Theresa Parish Center
815 Central Rd.
964-6440 (M – F 9-4)

Salem

Food for Hungry
United Methodist Church
8 Pleasant St.
898-2501 (W 10-12)

St. Joseph Community Food Pantry
40 Main St.
898-4933 x11 (F 12–1:30)
24 hour notice.

Rockingham Community Action
287 Lawrence Rd.
893-9172
(M, T, Th, F 9-4:30, W 9-12)

Salem

Triumphant Cross Lutheran Church
171 Zion Hill Rd.
498-0305 or 437-9252 (M 10-12)

Rockingham Christian Church
5 Industrial Way
894-5228
(Monthly 1st & 3rd Monday)

Town of Salem
287 Lawrence Rd.
890-2130

Sandown

Sandown Community Food Pantry
Hampstead Rd. (Across from Town
Hall)
887-3946 (T 4-5, F 10-11)
Call for emergency

Sandwich

Community Center
358 Wentworth Hill Rd.
284-7778

Sanbornville

The Wakefield Food Pantry
138 Meadow St.
522-3382 (W 9-12 and 5-7)

Seabrook

Seabrook Church of Christ Food
Pantry
867 Lafayette Rd.
474-2660 (W 9-11)

Somersworth

The Community Food Pantry, Inc.
176 West High St.
692-2907 (M 10-12, W 6-8, Th 3-5)

Food Pantries (con't.)

Sunapee

Town of Sunapee Food Pantry
23 Edgemont Rd.
763-2212
(M, T, Th, F 8-5; W 8-1)

Suncook

Suncook Community Action
Program
15 Glass St., Suite 104
485-7824 (M, Th 11-4)

Sutton (also see Warner)

Trinity Bible Church
539 Rt. 114
927-4384 (M, Th 6-7:30)

Tamworth

St. Andrew's in the Valley
Olde Rt. 25
284-7778 or 323-7470 (T, F 10-12)

Tilton

Northfield Tilton Congregational
283 Main St.
286-4253 (T 9-2)

Troy

Helping Hands Center Food Pantry
1 Depot St.
242-3007
(M-F 9:30 – 2 & Sat 9:30 – 1)

Twin Mountain (see Carroll)

Walpole

St. Peter's Food Pantry
38 Church St.
445-5213 (Sat. 11–11:30)

Warner

Kearsarge Valley Community Action
49 W. Main St.
456-2207 (M-F 8:30-4:30)

Warren

Mt. Mosselauke Food Pantry
Ammonoosuc Community Health Ctr.
333 NH Rt. 25
764-5704

Webster

Webster Food Pantry
1011 Long St.
648-2165 (W 7-8:30)

West Nottingham

Liberty Baptist Church Food Pantry
60 Freeman Hall Rd.
942-8692 (T 6:30-7)

W. Ossipee (also see Freedom)

Wilmont

Wilmont Food Pantry
Town Offices
9 Kearsarge Valley Rd.
526-6686 (M–F 9-3)

Wilton

Open Cupboard Pantry
47 Maple St.
654-6547 By appt.

Windham

The Shepherd's Pantry
1 Church Rd.
432-2150 (M 9-11)

Wolfeboro

LIFE Ministries, Inc.
228 South Main St.
569-0202 (W 10-12 & 4-6)

Woodsville

Woodsville Food Pantry
6 Church St.
747-3013 (M–F 10-2)

Fuel and Heat Assistance Program

The New Hampshire Fuel Assistance Program (FAP) provides income eligible households with assistance in paying home energy bills (oil, kerosene, natural gas, propane, wood, electricity, and/or coal) during the winter heating season. FAP prioritizes households with at least one member who is elderly, disabled and/or a child under age 6. Eligibility for FAP is based on household size, household income, and annual home energy costs. Homeowners and renters (including renters with heat included) may be eligible for FAP.

The six Community Action Agencies (CAPs) in New Hampshire are responsible for the FAP application process. Telephone your local CAP for information or to make an appointment to complete a FAP application.

CAP locations are listed on the next page.

How to Apply for Fuel Assistance

- Telephone your local [Community Action Program \(CAP\)](#) office to set up an appointment or learn more about the application process.
- The CAP staff will tell you what information is required to complete your application.
- To prevent processing delays, be sure to provide all information they request.
- Follow through with appointments.
- If you are homebound and unable to visit a CAP office, telephone your local CAP to arrange a home interview or an interview over the phone.

Other Energy Programs

Weatherization Assistance Program: funds energy improvements in the homes of low-income households. Priority is given to the elderly, handicapped, and families with young children. To apply, contact your local CAP.

Senior Elderly Assistance Services: helps elderly people who are not income eligible for Fuel Assistance but have a compelling need for a one-time grant of up to \$250 towards heating costs. To apply, contact your local CAP.

Neighbor Helping Neighbor: helps households facing a disconnect or heating emergency. This subsidy is for households who are not income eligible for fuel assistance and have not previously received Fuel Assistance or Weatherization funds. To apply, contact your local CAP.

Electric Assistance Program: provides qualified electric utility customers with a discount from 15 – 90% on their monthly electric bill. To apply, contact your local CAP.

Fuel and Heat Assistance Program (con't)

Community Action Program (CAP) Locations		
Belknap and Merrimack Counties	Concord:.....225-6880 Franklin:.....934-3444 Meredith:.....279-4096 Suncook:.....485-7824 Warner:.....456-2207 Laconia:.....524-5512	Belknap/Merrimack CAP 2 Industrial Park Dr. PO Box 1016 Concord, 03302 www.bm-cap.org
Coos, Carroll, and Grafton Counties	Lebanon:.....448-4553 Lancaster:.....788-4477 Littleton:.....444-6653 Plymouth:.....536-8222 Berlin:.....752-3248 Woodsville:.....747-3013 Colebrook:.....237-8168 Tamworth:.....323-7400 Or 1-888-842-3835	Tri-County CAP 55 Maynesboro St. Berlin, 03570 752-3248 752-7982
Rockingham County	Portsmouth:.....436-3896 1-800-639-3896 Salem:.....898-8435	Rockingham CAP 7 Junkins Ave. Portsmouth, 03801 www.rcaction.org
Hillsborough County	Manchester:.....647-4470 1-800-322-1073 Nashua:.....889-3440 1-877-211-0723 Hillsboro:(M-F).464-5835 Peterborough:.....924-2243 1-877-757-7048 Greenville: (W)...878-3364 Milford: (T&Th).673-0756	Southern NH Services PO Box 5040 Manchester, 03108 www.snh.org
Strafford County	Farmington:.....755-9305 Milton:.....652-9893 Rochester:.....332-3963 Dover:.....749-1334	Strafford CAP PO Box 160 Dover, 03820 www.straffcap.org
Cheshire and Sullivan Counties	Keene:.....352-7512 or 352-7513 Claremont:.....543-0148 542-9528 1-800-529-0005	Southwestern Community Services 63 Community Way Keene, 03431 www.scshehelps.org

Homeless & Transitional Shelters

Claremont

Sullivan County Housing Coalition
17 Pearl St.
542-9528 (24 hrs/7 days)

Southwestern Community Services
96 Main St.
542-9528

Concord

Edna McKenna House
100 South Fruit St.
228-3505 (24 hrs/7 days)

New Start Program-CAP
Transitional Housing
2 Industrial Park Dr.
229-1989

Friends Emergency Housing
Program
30 Thompson St.
228-1462

Dover

My Friend's Place
368 Washington St.
749-3017/749-5068 (24 hrs/7 days)

Franconia

BanCroft House
104 Harvard St.
823-8842 (24 hrs/7 days)

Greenland

New Generations – Pregnant
Women & Mothers of
Infants/Handicap Access
568 Portsmouth Ave.
436-4989 (24 hrs/7 days)

Keene

SCS Homeless Services Program
63 Community Way
352-7512
(24 hrs/7 days)

Keene Housing Authority
831 Court St.
352-6161 or -352-6845

Laconia

Open Arms Outreach, Inc.
Transitional Housing
756 Union Ave.
524-4580 Refugees only.

Salvation Army
177 Union Ave.
528-8086 (24 hrs/7 days)

New Beginnings
A Women's Crisis Center
528-5683 (M-F 8:30-4:30)
Some evenings & Sat.

Laconia Area Community Land Trust
Transitional Housing Program
524-0747

Lancaster

Tyler Blain House
56 Prospect St.
788-2344 (24 hrs/7 days)

Listen Community Services
60 Hanover St.
448-4553 (M-F 9am–5pm)

Homeless & Transitional Shelters (con't.)

Lebanon

Headrest
448-4872
444-0624 (M-F 9am – 4pm)

Littleton

Support Center at Burch House
444-0624 (M-F 9am – 4pm)

Manchester

Families in Transition, Inc.
122 Market St.
641-9441 (M-F 8:30-5:00)

Helping Hands Outreach Center
50 Lowell St.
623-8778 (M-F 9-2)
Men only – substance abuse

New Horizons for NH
199 Manchester St.
668-1877 (24hrs/7days)

The Way Home
214 Spruce St.
627-34917 apartments for families
coming out of shelters.

Nashua

Harbor Homes/Maple Street Shelter
141 Maple St.
882-5451 (24 hrs/7 days)

Nashua Soup Kitchen & Shelter
42 Chestnut St.
883-1101 (7 days/6pm until 8am)

Nashua (con't.)

Greater Nashua Council on
Alcoholism
Keystone Hall
Pine St. Extension
881-4848

Peterborough

Monadnock Area Transitional Shelter
924-5033

Plymouth

The Bridge House
41 Green St.
536-7631

Voices Against Violence
536-5999 or 536-3423
Domestic violence victims only

Pemi-Bridge House
260 Highland St.
536-7631 (24 hrs/7 days)

Portsmouth

Crossroads House, Inc.
600 Lafayette Rd.
436-2218 (24hrs/7days)

Portsmouth Housing Authority
Gosling Meadows
40 Wedgewood Rd.
436-4310 X 135

Referral Agencies for People Currently in Shelters

Claremont

Homeless Outreach Intervention
17 Pearl St.
542-4539/1-800-852-3388

Manchester

Child & Family Services of NH
99 Hanover St.
518-4208/1-800-640-6486

Concord

The Salvation Army
58 Clinton St.
225-5586

Nashua

Nashua Pastoral Care Center
7 Concord St.
603-886-2866

Dover

Community Partners
113 Crosby Rd.
516-9300

Greater Nashua Council on
Alcoholism, Keystone Hall
Pine St. Ext.
881-4848

Littleton

Child & Family Services
130 Cottage St.
444-0418/1-800-439-0418

Peterborough

The River Center
44 & 46 Concord St.
924-4800

Portsmouth

AIDS Seacoast
1 Junkins Ave.
433-5377

Homeless Emergency Services

<p>Unite to Help: Provides security deposit and rental assistance for income eligible residents looking to rent an apartment in Merrimack County. 1-800-852-3388</p>	
<p>NH Legal Assistance-Homeless Advocacy: Town/City welfare rights, shelter rights, accessing services, etc. 1-800-562-3174 or 668-2900 Fax: 625-1840</p>	
<p>Bureau of Elderly and Adult Services: A social worker can help the individual or family find alternative housing, transportation, meals, homemaking services. 1-800-351-1888</p>	
<p>Veterans Administration: Referral resource for homeless Veterans 1-800-892-8384 or 624-4366 www.visn1.med.va.gov</p>	
<p>Child and Family Services: Transitional program for homeless individuals 18-21 years of age. 1-800-640-6486</p>	
<p>National Runaway Switchboard: Shelter referrals for teens, etc. 1-800-786-2929 (1-800-RUN-AWAY)</p>	
<p>The Housing Referral Network: Provides information and referrals to housing programs</p>	
<p>Southern New Hampshire Services</p>	
<p>Merrimack County:</p>	<p>1-800-856-5525</p>
<p>Strafford County:</p>	<p>1-877-225-4939</p>

The Homeless Hotline 1-800-852-3388

The Homeless Hotline, operated by the [Community Services Council of New Hampshire](#), provides New Hampshire's homeless with live voice assistance from trained information and referral specialists. These specialists help homeless persons locate emergency shelter during periods of crisis and assist persons already being served in shelters, to find and locate services within the community.

Some of what the Homeless Hotline provides:

- Assistance in locating emergency shelter
- Help for families facing eviction
- Aid in finding help for housing, financial assistance, transportation, utilities, food, fuel, or other crisis circumstances
- Referrals to local and state welfare departments
- Referrals to security deposit loan programs
- Referrals to other social service agencies
- Referrals to housing assistance programs or other permanent housing services

Information and Referral Services

Regional Information and Referral Locations	
Carroll County Healthline Info & Referral 448 White Mountain Highway Chocorua	Hours: 7:00 – 4:30 Phone: 323-9394/1-800-499-4171 Fax: 323-7508
Headrest Marcel Duclos, Executive Director 14 Church St. Lebanon	Phone: 448-4400 or 1-800-639-6095 24 hours, 7 days
Info Link Debora Bartley, Community Services Manager 100 Campus Dr., Suite 13 Portsmouth	Phone: 422-8220 Hours: 9:00 – 5:00 Rockingham & Strafford counties
Info & Referral – Greater Nashua Erica Ortiz, Program Manager 160 Silver St. Manchester	Phone: 883-9330 Hours 8:00 – 4:00
Lamprey Health Care Transportation Marsha Price, Transportation Manager 205 S. Main St. Newmarket	Phone: 659-2424 or 1-800-582-7214 Hours: 8:00 – 4:00
Monadnock United Way Helpline Ellen Avery, Program Manager 23 Center St. Keene	Phone: 352-1999 or 1-800-368-4357 Hours: 8:30 a.m. – 4:30 p.m.
Strafford County Info & Referral Director of Human Services Administration & Justice Bldg. County Farm Rd. Dover	Phone: 742-8078 Hours: M- F 8:30 – 4:30
Sullivan County United Way Executive Director: Diane Reini Newport	Phone: 543-0121 Hours: 8:30 – 4:30
Tri-County Community Action Kathleen McCosh (Fuel/Weatherization) Philip Guiser	Carroll County 1-888-842-3835 Coos County 1-800-552-4617 Grafton County 1-800-552-4617

Relay Service for the DEAF

1-800-735-2954

Job Assistance

For assistance finding and keeping employment: NH Employment Security Locations

<p><u>Berlin</u> Manager: Mark Belanger 151 Pleasant St. 752-5500/1-800-679-2533 Email: Mark.J.Belanger@nhes.nh.gov</p>	<p><u>Lebanon</u> Manager: Arthur McAllister 85 Mechanic St., Suite 4 448-6340 Email: Arthur.W.McAllister@nhes.nh.gov</p>
<p><u>Claremont</u> Manager: Tom Norris 404 Washington St. 543-3111/Fax: 543-3113 Email: Thomas.D.Norris@nhes.nh.gov</p>	<p><u>Littleton</u> Manager: Kathy Howard 646 Union St., Suite 100 444-2971/1-888-510-7772 Email: Kathy.G.Howard@nhes.nh.gov</p>
<p><u>Concord</u> Manager: Pamela Szacik 10 West St. 228-4100/1-888-510-7774 Email: Pamela.R.Szacik@nhes.nh.gov</p>	<p><u>Manchester</u> Manager: Leanne Topolosky 300 Hanover St. 627-7841/1-888-698-8904 Email: Leanne.H.Topolosky@nhes.nh.gov</p>
<p><u>Conway</u> Manager: Kathy Howard 518 White Mountain Highway 447-5924/1-800-963-0341 Email: Kathy.G.Howard@nhes.nh.gov</p>	<p><u>Nashua</u> Manager: Mike Walden 6 Townsend West 882-5177/1-888-510-7771 Email: Michael.A.Walden@nhes.nh.gov</p>
<p><u>Keene</u> Manager: Joel Slutsky 109 Key Rd. 352-1904 Email: Joel.Slutsky@nhes.nh.gov</p>	<p><u>Portsmouth</u> Manager: Roberta Gabriel 2000 Lafayette Rd. 436-3702/1-888-404-9998 Email: Roberta.D.Gabriel@nhes.nh.gov</p>
<p><u>Laconia</u> Manager: Pam Szacik 426 Union Ave., Suite 3 524-3960/1-888-510-7773 Email: Pamela.R.Szacik@nhes.nh.gov</p>	<p><u>Salem</u> Manager: Roberta Gabriel 29 South Broadway 893-9185 Email: Roberta.D.Gabriel@nhes.nh.gov</p>
<p><u>Somersworth</u> Manager: Francis Morrissey – New Hampshire Works 6 Marsh Brook Rd. 742-3600/ 742-3600 X 94323 Email: Francis.L.Morrissey@nhes.nh.gov</p>	

Legal Assistance

Landlord/Tenant, Consumer, Bankruptcy

Franklin Pierce Law Center Practice Clinic
225-3350 Fax 229-0423

Free Legal Services to Low-Income Persons

New Hampshire Pro Bono
1-800-639-5290

Hearings on Utility Shutoffs

Public Utilities Commission
271-2431 1-800-852-3793 Fax: 271-2431

Free Civil Legal Services for Clients over 60

Senior Legal Advice Line @ NH Legal Assistance
624-6000 or 1-888-353-9944

Lawline- Free Legal Advice

NH Bar Association
The second Wednesday of each month 6 PM – 8 PM
223-9912 or 800-868-1212

New Hampshire Victim's Assistance Commission Department of Justice 1-800-300-4500 or 603-271-1284.

As a victim or survivor of a violent crime in New Hampshire, you may apply for compensation from the New Hampshire Victim's Assistance Commission.

New Hampshire Legal Assistance

Fair Housing Project

669-4960 1-800-921-1115
TTY 206-2299 or 1-800-634-8989
Se habla espanol

NH Attorney General's Office

271-3658/271-3655

Civil Legal Services For Low Income Persons New Hampshire Legal Assistance Branch Offices		
Berlin	256 Main St. 03570	1-800-548-1886
Claremont	24 Operahouse Square 03743	1-800-562-3994
Concord	117 North Main St. 03301	1-800-921-1115
Littleton	271 Main St. 03561	1-800-548-1886
Manchester	1361 Elm St., Suite 307 03101	1-800-562-3174
Nashua	21 East Pearl St., Suite 2 03060	1-800-517-0577
Portsmouth	154 High St. 03802	1-800-334-3135

Nutrition Education

<p>The Nutrition Connections program provides low-income people with basic skills to serve nutritious foods to their families. Staff members trained in nutrition education by the University of New Hampshire Cooperative Extension provide training individually or in small groups. Subjects include the essentials of good nutrition, preparing and serving nutritious low-cost meals, smart food shopping, managing available resources including food stamps, and proper food storage and safety.</p>	
<p>Belknap County Laconia 527-5475</p>	<p>Hillsboro County Goffstown 641-6060</p>
<p>Carroll County Conway 447-3834</p>	<p>Merrimack County UNH Cooperative Extension Boscawen 225-5505</p>
<p>Cheshire County UNH Cooperative Extension Nutrition Connections Keene 352-4550</p>	<p>Rockingham County Nutrition & Meals on Wheels Program Brentwood 679-5616</p>
<p>UNH Cooperative Extension Lancaster 788-4961 (M-F 8-4)</p>	<p>Strafford County UNH Cooperative Extension Dover 749-4445</p>
<p>Grafton County North Haverill 787-6944</p>	<p>Sullivan County Nutrition Services Newport 863-9200</p>
<p>Operation Frontline- The NH Food Bank offers a cooking based approach to nutrition education. Program lessons cover cooking skills, nutrition information, food safety, food budgeting and general planning.</p> <p>Operation Frontline - NH Food Bank Manchester Call for information 669-9725 Web: www.nhfoodbank.org</p>	

Other” Programs

Food

Serve New England: This program is designed to promote volunteering by offering deep discounts on the highest quality grocery, meat and vegetable items to community minded individuals willing to volunteer two hours of their time monthly to a worthy cause. At the 35 Serve locations in New Hampshire, you can buy frozen meats, fresh fruits and vegetables at half the grocery store price. No limit on how much food you buy. EBT vouchers are accepted. Call 1-800-603-4855 for locations.

Angel Food Ministries: Order monthly for \$30 food worth \$60. Enjoy a different menu each month. Many specials to choose from including fresh fruit and veggie box, allergen-free foods and meat or seafood boxes. Accepts food stamps/EBT. No limits, no qualifications and no application. www.angelfoodministries.com for NH locations or call 603-436-8815 or 603-988-2671. Saturday delivery

Medical

NH Healthy Kids: Free or low cost medical and dental insurance for uninsured NH children. Call 1-877-464-2447 or visit www.nhhealthykids.com

Maternal and Child Health: Health care services (including family planning) for pregnant women, children, teens, and adults. Services are offered in community settings across the state, funded by state, federal and local funds. Teens may request confidential services. Call 1-800-852-3345 ext 4517

NH Senior Prescription Discount Program: For NH residents aged 65 and over. No application fee or income test. Discounts on drugs at participating pharmacies. Call 1-888-580-8902

A Prescription Program: To provide eligible veterans and certain dependents and survivors of veterans with prescription drugs and medical supplies from VA pharmacies upon presentation of prescription(s) from VA provider or VA authorized provider. Call 624-4366 ext 6771 or 1-800-892-8384 x 6771
www.visnl.med.va.gov

NH Medication Bridge Program: To help individuals access free/reduced cost prescription medications directly from the pharmaceutical companies. Individuals should be within 200% of federal poverty and not have prescription insurance. Call Governor’s Customer Service line at 1-800-852-3456 www.healthynh.com

Dental Assistance Information

This number is **only** for Medicaid recipients. Call 1-800-852-3345, x 4344 or x 8069.

Adult Education

New Hampshire Department of Education: For information on opportunities nearby for classes leading to high school equivalency diploma. 271-6699.

NH Catholic Charities

A statewide human service agency, NH Catholic Charities provides counseling, information and referral, support groups, and institutional health care for individuals and families from 16 offices and facilities throughout New Hampshire. Call 1-800-562-5249 Website: www.catholiccharitiesnh.org

"Other" Programs (con t.)

Shelter

United To Help: For assistance with security deposits for apartments in Merrimack County and the Homeless Hotline 79 Sheep David Rd., Pembroke
Call 225-9000 or 1-800-852-3388

NH Housing Finance Authority: HUD Section 8 low-income housing
Call 1-800-439-7247.

The Way Home: May provide low-cost, interest-free loans to assist with security deposits. 214 Spruce St., Manchester
Call 627-3491

Refugees

State Refugee Coordinator, NH Office of Energy and Planning: Assistance for refugees includes: Instruction in English for Speakers of Other Languages (ESOL); employment counseling; social services; health case management; and immigration and legal services. Some services have fees associated with them, and many providers prioritize service to very recent arrivals. Contact Barbara Seebart, State Refugee Coordinator, 271-6361. Email: barbara.seebart@nh.gov.

Other

The Upper Room: Education programs for youth & parents; teen parenting; juvenile diversion; family resource & referral, 36 Tsienetto Rd., Derry. Call 437-8477

Monthly \$7.75 phone credit: Anyone is eligible who participates in the Medicaid, Food Stamp, Supplemental Security Income (SSI), Federal Public Housing Assistance, or low income Home Energy Assistance Programs.
Call the NH Public Utilities Commission at 1-800-852-3793

Pet Neutering: Reduced cost for pet neutering if you qualify. Call the NH Dept of Agriculture 271-3697

Home Budgeting: Consumer Credit Counseling Service offers free counseling for households in the day-to-day management of their incomes. Call 1-800-327-6778

Dress For Success: This is a not-for-profit organization that helps low-income women make a tailored transition into the work force. 111 S. Main St., Concord.
Call 224-8683/520-8852

Free Reconstructive Face and Neck Surgery: For victims of domestic violence, either men or women, who have suffered disfiguring injuries. This service includes 2 programs FACE-TO-FACE and S.C.O.R.E.S. Call 1-800-842-4546

Give Back A Smile Program: This program is a free service to anyone who has teeth damaged or missing as a result of domestic abuse and has been in counseling and out of the relationship for one year. Call 1-800-773-4227

Christmas Assistance: Clothing, food and toys for families in need in Derry. Call the Salvation Army at 434-7790

Prepared Meals Programs for the Elderly

(C) = Congregate Meals, (HD) = Home Delivery

Alstead

Fall Mountain Friendly Meals
Alstead Fire Station
835-2283 (C) T, Th 11am, (HD)

Alton Bay

Alton Senior Ctr./Community Bldg.
Pearson Rd.
875-7102 (C&HD)

Antrim

Antrim Village
St. Joseph Community Service
6 Aiken St.
588-3069 (C)

Belmont

Belmont Senior Center
14 Mill St.
267-9867
(C) M/W/Th, Brunch Friday

Berlin

Berlin Senior Meals
610 Sullivan St. 752-2545 (C&HD)

Bradford

Mountain View Senior Center
134 E. Main St.
938-2104 (C) T & Th,
Brunch Monthly 1st F (HD) M-F

Bristol

Newfound Area Senior Center
Bristol United Church of Christ
15 Church St. 744-8395

Canaan

Mascoma Area Senior Center
1166 Rt. 4
523-4333 (C&HD)

Center Ossipee

Ossipee Concerned Citizens
3 Dore St.
539-6851 (C) M-Th
(HD) M-F

Center Sandwich

Doris L. Benz Community Center
18 Heard Rd.

Charlestown

Charlestown Senior Center/Sullivan
Nutrition, Charlestown Office Bldg.
826-5139 (C&HD)

Claremont

Sullivan County Nutrition
Earl Bourdon Center
67 Maple Ave.
543-3072 (C) M-F 11:45
(HD) M-F

Colebrook

Senior Meals
15 Colby Commons Lane
237-4957 (C&HD)

Concord

Concord Area M.O.W.
2 Industrial Park Dr.
225-9092 or 225-6880 or
225-3295x375 (HD)

Horseshoe Pond Place
26 Commercial St., Suite 105
228-6956

Danbury

Community Center
15 High Street
768-3424
(C) Monthly 2nd & 4th Fri

Derry

Marion Gerrish Senior Center
39 West Broadway
434-5148 (C&HD)

Epping

Epping Community Church
Pleasant St.
679-4696 (C&HD)

Prepared Meals Programs for the Elderly (con't.)

Exeter

Exeter Senior Center
30 Court St.
778-8196 (C&HD)

Farmington

First Congregational Church
17 South Main St.
755-4816 (C&HD)

Franklin

Franklin Senior Center @
TRIP
Smith/Canal St.
934-4151 (C&HD)

Goffstown

St. Joseph Community
Services
12 Reed St.
497-4633 (HD)
(C) M-F 8:30-2:30

Greenville

St. Joseph's Community
Services
56 Main St.
878-3109 or 878-1964 (C&HD)

Greenville Falls Senior
Housing
878-3109 or 878-1964
(C&HD)

Groveton

Carter Hall, Methodist Church
Main St.
636-1049 (C&HD)

Hampton

United Methodist Church
525 Lafayette Rd.
929-1108 (C&HD)

Hancock

Senior Nutrition at Sargent Center
36 Sargent Camp Rd.
525-3311 (C)

Hillsboro

St. Mary's Church
St. Joseph's Services
Church St.
464-3553 (C) M-F 12:00, (HD)

Hinsdale

Hinsdale Friendly Meals
Community Center, Main St.
336-7087 (C&HD)

Hollis

St. Joseph Community Services
Hollis Senior Center
882-0351 (C) Th
sign up 1 wk in advance

Hudson

(See Sullivan Terrace Center in Nashua)

Keene

Central Square Terrace
5 Central Square
352-7525/352-2253 (C&HD)

Harper Acres Friendly Meals
105 Castle St.
357-4589 (HD)

Laconia

Laconia Sr. Ctr.
17 Church St.
524-7689 (C&HD)

Lebanon

Upper Valley Senior Center
10 Campbell St.
448-4213 (C&HD)

Prepared Meals Programs for the Elderly (con't.)

Lincoln

Linwood Area Senior Services
194 Pollard Rd.
745-4705 (C&HD) M-W, S & Sun

Littleton

Littleton Area Senior Center
77 Riverglen Lane
444-6050 (C&HD)

Madison

Gibson Senior Center
Silver Lake Landing
Rte 113, Silver Lake
356-3231 (C) T

Manchester

Carpenter Center Inc.
323 Franklin St.
625-5422 (C) M-F 8-4, (HD)

Manchester New Horizons
199 Manchester St.
668-1877

Meredith

Interlakes Senior Center
Trinity Episcopal Church
1 Circle Dr.
279-5631 (C&HD)

Merrimack

John O'Leary Adult Center
St. Joseph Community Svc.
4 Church St.
424-2100 (C) M-F 8:30-1:30

Milford

VFW Hall
1 Perkins St.
875-5110 (C&HD)

Moultonboro

Moultonboro /Sandwich Senior Meals
Old Route 109 (at Lyons Club)
476-5110 (C&HD)

Nashua

Sullivan Terrace S. Elderly Nutrition
St. Joseph's Community Services
57 Tyler St.
883-1459 or 424-9967 (C&HD)

New London

Meals on Wheels
CAP – Elderly Nutrition Program
37 Pleasant St.
526-6155 (HD)

Newmarket

Newmarket Recreation Service
1 Terrace Dr.
659-8581 (C & HD)

Newport

Newport Senior Center
Sullivan County Nutrition Program
76 South Main St.
863-3177 (C) M-F 8-3 (HD)

North Haverhill

Horse Meadow Senior Center
91 Horse Meadow Rd.
787-2539 (C&HD)

North Stratford

North Stratford Senior Meals
Town Hall, Route 3
922-3865 (C) T&Th

North Woodstock (see Lincoln)

Ossipee

Senior Center
3 Dore St.
539-6851 (C&HD)

Pelham

Pelham Senior Center
8 Nashua Rd.
635-3800 (C) M-F 8-2

Pittsfield

Pittsfield Sr./Community Center
74 Main St.
435-8482 (C) 12:00, (HD)

Prepared Meals Programs for the Elderly (con't.)

Pittsburg

Echo Valley Village
20 Back Lake Rd.
538-1122 (C) T

Plaistow

Meals on Wheels
382-5995

Vic Geary Drop In Center
18 Grenough Rd.
382-9276 (C&HD)

Plymouth

Plymouth Regional Senior Center
8 Depot St.
536-1204 or 536-2000
(C) M-F 8-4, (HD)

Portsmouth

Gosling Meadows
40 Wedgewood Rd.
431-0561 (HD)

Portsmouth Senior Center
127 Parrot Ave.
431-8677 (C)

Rochester

Rochester Housing Authority
13 Wellsweep Acres
332-4126 (C&HD)

Salem

Salem Senior Services
1 Sally Sweet Way
890-2190 (C&HD)

Sandwich

Doris L. Benz Community Center
18 Heard Rd.
284-7211 (C)

Seabrook

Seabrook Community Center
311 Lafayette Rd.
474-2139 (C&HD)

Somersworth

Fillion Terrace Hall
75 Washington St.
692-5169 am or 692-4211 (C&HD)

Suncook

Suncook Senior Center
10 School St.
485-4254 (C&HD)

Troy

Friendly Meals
Meadowood
Bowkerville Rd.
242-7986 (C&HD)

Wakefield

Greater Wakefield Resource Center
254 Main St.
473-8324 (C) M, W, Th

Warner

Warner Senior Center
Old Graded School Building
49 W Main St.
456-2207 or 456-9200 (C) W

Whitefield

Whitefield Senior Center
34 Jefferson Rd.
837-2424 (C&HD)

Wilmot

Wilmot Community Barn
Wilmot Community Association
526-7934 (C) Monthly 3rd Th

Windham

Windham Senior Citizen Center
2 North Lowell Rd.
434-2411 (C) T, Th

Woodstock (see Lincoln)

Woodsville (See North Haverhill)

Prepared Meals Programs for the Elderly (con't.)

For Additional Information:

If you cannot find your town listed and are interested in finding out about a nutrition program located near you, please contact one of the community agencies listed below:

<p>Nutrition and Elder Services Belknap-Merrimack Counties CAP Concord 225-3295</p> <p>Gibson Center for Senior Services North Conway 356-3231</p> <p>Grafton County Sr. Citizen Council, Inc. 10 Campbell St. Lebanon 448-4897</p> <p>North Country Elderly Programs 610 Sullivan St. Berlin 752-3010</p> <p>Ossipee Concerned Citizens, Inc. 3 Dore St. Center Ossipee 539-6851</p>	<p>Rockingham Nutrition & MOW Program 106 North Rd. Brentwood 679-2201 or 1-800-298-6006</p> <p>St. Joseph Community Services Merrimack 424-9967</p> <p>Strafford Nutrition/MOW Somersworth Housing Authority 9 Bartlett Ave. Somersworth 692-2864</p> <p>Sullivan County Nutrition 76 South Main St. Newport 863-3177</p>
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<p>Social Security Office Locations</p> <p>Provide services for Retirement Benefits, Disability Benefits, Supplemental Security, Medicare, and Survivors Benefits</p> <p>Web: www.socialsecurity.gov</p>		
<p><u>Concord</u> 70 Commercial St. Ste. 100 Zip: 03301 Phone: 224-1939 Fax: 228-5206</p>	<p><u>Manchester</u> 2 Wall St. Ste. 301 Zip: 03101 Phone: 641-2195 Fax: 626-3727</p>	<p><u>Keene</u> 34 Mechanic St. Zip: 03431 Phone: 352-3487 Fax: 357-8854</p>
<p><u>Portsmouth</u> Federal Building 80 Daniels St. Room 200 Zip 03802 Phone: 433-0716</p>	<p><u>Littleton</u> 177 Main St. Zip: 03561 Phone: 444-2945 Fax: 444-0444</p>	<p><u>Nashua</u> 175 Amherst St. Zip: 03064-1366 Phone: 880-0295</p>
<p>OR CALL 1-800-772-1213</p>		

Soup Kitchens

Alstead

Fall Mountain Friendly Meals
Alstead Fire Station
835-2283 (T, Th–open 8:30 am,
meals served at 9 & 11am)

Berlin

Salvation Army Soup Kitchen
15 Cole St.
752-1644 (M 4:30)

Claremont

Claremont Soup Kitchen & Food
Pantry
18 Central St.
543-3290 (M-Th 4-5:30)

Concord

The Friendly Kitchen, Inc.
14 Montgomery St.
224-7678
(M-Sun open at 3 except
Thanksgiving, Dinner 5-6;
Breakfast Sun – Sat 8-9)
Nov 1st-March 30th

Derry

Sonshine Soup Kitchen
4 Crystal Ave. #4
437-2833 (M-F 4:30)
Soup Kitchen at the First Baptist
Church Corner of Broadway &
Crystal

Dover

Dover Friendly Kitchen
5 Hale St.
(T & Th 5-6)

Franklin:

Bread & Roses @ Unitarian Church
206 Central St.
934-2346
(M-Th 5:00-5:30)

Hampton

St. VDP/Our Lady of the Miraculous
Medal Soup Kitchen
57 Ashworth Ave. 929-4427
Oct 15th - May 15th
(M-Th 5-6:45, Sa 2-4)

Keene

The Community Kitchen, Inc.
37 Mechanic St.
352-3200
(Dinner M–F 5–6:30, Sun 11-12:30)

Laconia

Inreach Ministries at Lakes Region
Vineyard Church
175 Mechanic St.
524-5895 (T, Th 9-12pm)

Salvation Army Soup Kitchen
177 Union Ave.
524-1834
(T, W, F 12:00-1:00, Sunday after
church)

Lebanon

LISTEN Comm. Services
60 Hanover St.
448-4553 (M-F 5-6pm)

Soup Kitchens (con't.)

Manchester

New Horizons for NH, Inc.
199 Manchester St.
668-1877
(7 days/wk 4:30 pm)

Nashua

Nashua Soup Kitchen
42 Chestnut St.
889-7770
Breakfast (M-F 7-8)
Fresh Produce & Breads (M-F 12-2
and Sa 10-11:30)
Dinner (M-Sa 4-6)
Lunch (Su 12-1:30pm)

Pembroke

Suncook United Methodist Church
152 Main St.
485-9707
Sept. – June (Wed 5-6 pm)

Penacook

The United Church of Penacook
21 Merrimack St.
753-4072
(M, W, F 4:30-5:30pm)

Plymouth

The Whole Village Family Resource
Center
258 Highland St.
536-3720 or 536-1175
(Th 5-6pm)

Portsmouth

St. John's Episcopal Church
101 Chapel St.
436-8283
(Th 12-1pm)

Connie's Soup Kitchen
397 Lafayette Rd.
436-8623
(T 12 – 12:30)

Salvation Army
15 Middle St.
436-2606
(7 days/week 5-6pm)

Rochester

First United Methodist Church
34 S. Main St.
(T & Th 5-6pm)

Salvation Army Soup Kitchen
10 Old Farm Lane
332-2623
(M, W, F 12-1)

Tamworth

St. Andrew's in the Valley Episcopal
Church
678 Whittier Rd.
323-8515
(Su 5:00 –5:30pm)

Town Welfare Offices

NH Towns and cities are required to assist people with such needs as food, rent, heat, and utilities who live within their jurisdiction, have no other means of support, require temporary assistance, or whose bare minimum expenses exceeds their income.

If you do not see your town listed below, check under “Government, City/Town” in the Yellow Pages for phone numbers or contact the Board of your Selectmen or Town Office

Town/City	Town/City	Town/City	Town/City	Town/City
Acworth 835-6879	Albany 447-6038	Alexandria 744-3220	Allenstown 485-4276	Alstead 835-2986
Alton 875-2161	Amherst 673-6041	Andover 735-5332	Antrim 588-6785	Ashland 968-4432
Atkinson 362-5266	Auburn 483-2281	Barnstead 269-4071	Barrington 664-9007	Bartlett 356-2950
Bath 747-2454	Bedford 472-9869	Belmont 267-8313	Bennington 588-2189	Benton 787-6553
Berlin 752-2120	Bethlehem 869-3351	Boscawen 753-9188	Bow 228-1187 x 19	Bradford 938-5900
Brentwood 642-6400 X 10	Bridgewater 744-5055	Bristol 744-3354	Brookfield 953-0066	Brookline 673-8855
Campton 726-3223 x 101	Canaan 523-9901	Candia 483-0251	Canterbury 783-9955	Carroll 846-5754
Center Harbor 253-4561	Charlestown 826-5266	Chatham 694-3827	Chester 887-4979	Chesterfield 363-4624
Chichester 798-3278	Claremont 542-7007	Clarksville 246-7751	Colebrook 237-4070	Columbia 237-5255
Concord 225-8575	Conway 447-3811	Cornish 542-7107	Croydon 863-7830	Dalton 837-2092
Danbury 768-3313	Danville 382-8253	Deerfield 463-3028	Deering 464-3248	Derry 432-6100
Dixville 255-4221	Dorchester 786-9476	Dover 516-6500	Dublin 563-8544	Dummer 449-2006
Dunbarton 744-3541	Durham 868-8043	East Kingston 642-8406	Easton 823-9096	Eaton 447-2840
Effingham 539-7770	Ellsworth 726-3551	Enfield 632-5026	Epping 679-1202	Epsom 736-5507
Errol 482-3351	Exeter 778-0591	Farmington 755-3100	Fitzwilliam 585-7723	Francestown 547-6352
Franconia 823-7752	Franklin 934-3404	Freedom 539-6323	Fremont 895-3200	Gilford 527-4700
Gilmanton 267-6700	Gilsum 357-0320	Goffstown 497-8990 x 103	Gorham 466-3322	Goshen 863-4740
Grafton 523-7477	Grantham 863-6021	Greenfield 547-3442	Greenland 431-7111 x 100	Groton 744-9190
Hampstead 329-4100 x 113	Hampton 926-5948	Hampton Falls 926-4618	Hancock 525-4441	Hanover 640-3208

Town Welfare Offices (con't.)

Town/City	Town/City	Town/City	Town/City	Town/City
Harrisville 827-3956	Harts Location 374-2436	Haverhill 787-6800	Hebron 744-2631	Henniker 428-3221 x 6
Hill 934-1094	Hillsboro 464-3877 x 226	Hinsdale 336-5710	Holderness 968-2145	Hollis 465-2780
Hooksett 485-8769	Hopkinton 746-3170	Hudson 595-6518	Jackson 383-9327	Jaffrey 532-7880
Jefferson 586-4553	Keene 357-9809	Kenisington 772-5423	Kingston 642-9971	Laconia 524-3877
Lancaster 788-3391	Landaff 838-6220	Langdon 835-2389	Lebanon 448-2944	Lee 659-4528
Lempster 863-9526	Lincoln 745-2757	Lisbon 838-6376	Litchfield 424-4046	Littleton 444-3996 x 15
Londonderry 425-2545	Loudon 798-4541	Lyman 838-5900	Lyme 795-4853	Lyndeborough 654-5955
Madbury 742-5131	Madison 367-8091	Manchester 624-6484	Marlborough 876-3751	Marlow 446-7457
Mason 878-2070	Meredith 677-4208	Merrimack 424-2331	Middleton 755-1084	Milan 449-2484
Milford 673-3735	Millsfield 482-7777	Milton 652-9893	Monroe 638-2644	Mont Vernon 673-6080
Moultonboro 476-2347	Nashua 589-4555	Nelson 847-0047	New Boston 487-5504 x 103	New Castle 431-6710
New Durham 859-2091	New Hampton 744-3559	New Ipswich 878-2772	New London 526-4821	Newbury 763-4940
Newfields 580-5083	Newington 436-7640	Newmarket 659-3617	Newport 863-4765	Newton 382-0398
North Hampton 964-8087	Northfield 286-7039	Northumberland 636-1450	Northwood 942-9106	Nottingham 679-5022
Orange 523-7908	Oxford 353-4889	Ossipee 539-4181	Pelham 635-8233	Pembroke 485-4747
Peterborough 924-8000 x100	Piermont 272-4840	Pittsburg 538-6697	Pittsfield 435-6773	Plainfield 675-2646
Plaistow 382-5200	Plymouth 536-2242	Portsmouth 610-7260	Randolph 466-5771	Raymond 895-8782
Richmond 239-8109	Rindge 899-5181	Rochester 332-3505	Rollingsford 742-2510	Roxbury 352-0397
Rumney 786-9511	Rye 610-7260	Salem 890-2130	Salisbury 648-2473	Sanbornton 286-8303
Sandown 887-3646	Sandwich 284-7701	Seabrook 474-8931	Sharon 924-7002	Shelburne 466-2262
Somersworth 692-9509	South Hampton 394-7914	Springfield 763-3212	Stark 636-2118	Stewartstown 246-3517
Stoddard 446-3326	Strafford 664-2192	Stratford 922-5533	Stratham 772-4741	Sugar Hill 823-8468
Sullivan 847-3256	Sunapee 863-9529	Surry 352-3075	Sutton 927-4176	Swanzy 352-7411

Town Welfare Offices (con't)				
Town/City	Town/City	Town/City	Town/City	Town/City
Tamworth 323-7525	Temple 878-2536	Thornton 726-3914	Tilton 286-7817	Troy 242-7722
Tuftonboro 569-4539	Unity 863-9529	Wakefield 522-6970	Walpole 756-3672	Warner 456-3420
Warren 764-5780	Washington 495-3521	Waterville Valley 236-4730	Weare 529-2572	Webster 456-2207
Wentworth 764-9955	Westmoreland 399-4310	Whitefield 837-2551	Wilmot 526-6686	Wilton 654-9451
Winchester 239-8355	Windham 432-7732	Windsor 478-3292	Wolfeboro 569-8151	Woodstock 745-8752

Women Infants and Children (WIC)

WIC Locations	
Northern Grafton County	Ammonoosuc Com. Health Services 25 Mount Eustis Rd. Littleton 444-2464/1-800-530-5987
Belknap, Merrimack and Southern Grafton Counties	Belknap-Merrimack CAP 2 Industrial Park Dr. Concord 225-2050/1-800-578-2050
Coos County	Coos County Family Health Services 54 Willow St. Berlin 752-4678/1-888-266-7942
Carroll County	Ossipee Concerned Citizens Dore St. Center Ossipee 539-6821/1-800-411-1106
Rockingham County	Rockingham Community Action 35 High St. Exeter 778-1834/1-800-256-9880
Hillsborough County	Southern NH Services 40 Pine St. Manchester 668-8010/1-800-322-1073
Cheshire and Sullivan	Southwestern Community Services 63 Community Way Keene 352-7512:
Strafford County	Avis Goodwin Community Health Services 22 South Main St. Rochester 332-4358

Women, Infants, and Children (WIC) (con't)

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) provides supplemental nutritious foods and nutrition education to pregnant and breast-feeding women. It also provides foods to infants and children up to 5 years of age. To participate, infants, children, pregnant women and breastfeeding mothers must be determined “nutritionally at-risk” due to a dietary inadequacy or medical condition by a nutritionist, physician, or nurse. Participants must meet the income criteria below:

The income limits below are effective from April 1, 2009 to June 30, 2010.

Family Size	Annual	Monthly	Weekly
1	\$20,036	\$1,670	\$386
2	26,955	2,247	519
3	33,874	2,823	653
4	40,793	3,400	785
5	47,712	3,976	918
6	54,631	4,553	1,051
7	61,550	5,130	1,184
8	68,469	5,706	1,317
Each additional family member, add:	+6,919	+577	+134

WIC provides infants with iron-fortified formula and cereal and with fruit juice rich in vitamin C. Infants and children with individual needs may be accommodated with special formulas. WIC provides women and children with milk, cheese, eggs, iron-fortified cereals, fruit juice rich in vitamin C, and peanut butter or dried peas and beans. WIC also provides nutrition education, breastfeeding support, and healthcare referrals.

WIC also administers the Commodity Supplemental Food Program (CSFP). This program provides supplemental foods to low-income seniors 60 years and older, and women and children up to 6 years old who are no longer eligible for WIC.

ELDERLY CSF PROGRAM

Family Size	Annual	Monthly	Weekly
1	\$14,079	\$1,174	\$271
2	18,941	1,579	365
3	23,803	1,984	458
4	28,665	2,389	552
5	33,527	2,794	645
6	38,389	3,200	739
7	43,251	3,605	832
8	48,113	4,010	926
Each additional family member add:	+ 4,862	+ 406	+ 94

For more information, contact the WIC Nutrition Services Bureau at
271-4546 or 1-800-WIC-4321

NOTES